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NEWS

SOCIAL AND REHABILITATION SERVICES

SEP 19 1972

Successor to the Senior Citizen

VOLUME I

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NUMBER 5

Governor's Conference is Scheduled



SUN CITY FOLLIES star Bruce W'ho shown being greeted by a contingent of Miss America contenders at the San Francisco Airport.

\$200,000 Deal Set

A better deal for hundreds of handicapped persons and a saving of over a million dollars will result from an agreement signed recently between two state agencies, according to officials of the agencies.

The agreement between the State Department of Institutions and Social and Rehabilitation Services department provided \$150,000 in federal funds and \$50,000 in state funds to meet the

needs of the handicapped in their communities, according to Robert Perry, superintendent of the Boulder River School and Hospital.

Perry said six jobs will be created immediately under the agreement, one for a monitor to evaluate the project and five for community workers to implement the program in each of the five mental health areas of Montana.

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Hundreds Expected To Attend Meetings At Helena Gathering

Hundreds of Senior Citizens and a large delegation of state and federal officials are scheduled to converge on Helena September 12-13 for the 4th annual Governor's Conference on Aging. The series of meetings will be held in the Civic Center.

As an added attraction, the Helena Civitan Club, in cooperation with the State Aging Services Division, will present two performances of the Sun City Follies, a roadshow adaptation of a production that got its start on the Johnny Carson TV show.

Heading a list of well-known speakers will be Earl R. Welty, Jefferson City, Missouri, director of the Missouri Office of Aging; Paul Webb, Denver Regional Social Security Commissioner.

Welty will speak at the annual banquet September 12, and Webb at the annual luncheon the following day.

Guest of honor at the banquet will be retiring Governor Forrest H. Anderson, who will receive a special tribute from Barclay Craighead, chairman of the Ad-

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COMMENT -

by Lyle Downing



Everybody agrees that physical mobility is vital to the well-being of Senior Citizens. Immobility is the chief cause of isolation among elderly persons. It deprives these persons of needed community service and social contacts which are essential to modern living.

The Aging Services Division, over the years, has been confronted with the transportation problem, and so far has been unable to do much to alleviate it.

The problem exists in every state in the union, but here in Montana it is particularly critical because of the vast distances that it is necessary to travel in many sections of the state to reach medical help and other services.

In the Senior Citizen category only a small number can afford to own motor vehicles and among those who can afford this type of transportation many are unable, to drive because of physical handicaps, such as poor eyesight.

Much effort has been made to provide transportation for the elderly, but with little success. However, in some sections of the state some headway has been made. For example, a transportation program has been initiated in the Ryegate area to transport the elderly to the Senior Center in Harlowton.

Long-distance travel presents more of a problem now than ever before in the history of the state. Railroad transportation, in the opinion of many, is on its way out and bus service has been cut drastically. A few of the smaller communities have taxicab service, but the cost of this mode of transportation is exorbitant as far as the Senior Citizen is concerned.

The University of Montana School of Social Science Research is planning a study of transportation needs which, it is hoped, will lead to increasing mobility of the aged.

As one of our Senior Center directors said, "What's the use of having a nice place like this if we can't get the people to it from outside of town?"

Project Find Begins

The federal government has slated a massive push to locate Senior Citizens who are eligible for food stamps or commodity foods.

Called operation FIND, the drive will employ door to door volunteers, a national media campaign and direct mailing to locate the million-plus citizens over 60 who are eligible for the food programs but not participating.

The direct mailing will consist of information enclosed with social security checks.

The Food Stamps Program is not a Welfare operation as sometimes thought, but is designed to improve the nutrition of persons who cannot comfortably afford to eat the foods necessary to maintain good health.

A person living alone may not draw food stamps if he has assets of \$1,500 or more. A home, life insurance policies, and personal property do not count as assets. The \$1,500 limit applies also to families unless one or more members are over 60, which boosts the allowable assets to \$3,000.

The amount of food stamps that may be drawn depends on the income and number of members in the family.

A person living alone with income less than \$20 a month would pay nothing for food stamps re-

deemable for \$36 worth of food.

Single persons with income below \$178 monthly would pay \$26 for \$36 worth of stamps, and a family of three with monthly income below \$307 would pay \$74 for \$92 in stamps.

Persons with income above the usual limits may qualify for stamps if they have unusual expenses such as big medical bills or rent payments.

Anyone eligible who wishes to apply for food stamps, or anyone knowing someone in need of the stamps should inquire at the nearest welfare office. Each welfare office is listed in the telephone directory as the County Welfare Department under the county listings.

The SRS News staff needs help with its mailing list. We know that some subscribers are inadvertently getting two copies. Also, many copies go to the last known address of persons now deceased. If you are getting two copies, or know of copies going to waste because they are mailed to deceased persons, would you let us know? Please include the mailing labels if possible when requesting changes of address, or termination of subscription.

STATE OF MONTANA

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\$200,000 Deal

Workers will be stationed in Missoula, Boulder, Great Falls, Billings and Glendive, and will circulate to cover the whole state.

Perry estimated that at least 500 handicapped and "developmentally disabled" persons in Montana will be eligible for the services to be purchased under the agreement.

He said finances provided under the agreement could be used to help the handicapped cope with a wide range of problems.

Don Sekora of SRS said the agreement could provide such services as locating housing, procuring special living arrangements, locating job opportunities, transportation, recreation, counseling and legal aid. He said such services would be offered only where they were not being provided by any other agency.

Perry pointed out that \$200,000 divided among 500 recipients comes to only \$400 each, considerably less than the \$4,000 per client per year it would cost to send the same people to the Boulder River Training School.

The saving could be about \$1.6 million, Perry said.

Home Care Declines

Home health care is declining in the United States, although studies have shown that such care shortens hospital stays, according to Senators Frank Church and Edmund Muskie.

The two senators, both members of the Senate Special Committee on Aging, called for changes in Medicare and Medicaid to encourage increased utilization of home medical care.

Committee chairman Church said home health services are sought both by public officials who want to cut costs and patients who want to avoid unnecessary institutionalization.

The Senators spoke after considering a report submitted to the committee by a consultant. They noted the report contained a wide range of recommendations to upgrade home health care.

Both Church and Muskie called for removal of Medicare barriers to home health care. The most serious such barrier, they said, was the requirement of institutionalization as a pre-condition for home

health care under Part A and requirements for coinsurance payments under part B.

Cutting red tape and paperwork in the current Medicare system also would lead to improved medical service, according to the report.

Many areas in the U.S. are totally without home health care facilities, and where they do exist, the services are diminishing in number, curtailing their services, narrowing their coverage and reducing the duration of the care they offer, the report said.

The senators deplored the finding that less than one per cent of Medicare expenditures go to home health care, a miniscule proportion which is declining further.

The Church-Muskie statement warned that the decline of home health services is "hardly a promising trend," and questioned whether home health care will get in Congress the support it sorely needs, or continue its present decline below what Americans should have a right to expect.



STATE OFFICIALS witness signing of \$200,000 purchase of services agreement. From left, rear, Robert Perry, superintendent of Boulder River School and Hospital; Joe Roe, administrator of the Division of Social Services; seated, Ed Kellner, director of the Department of Institutions; SRS director Theodore Carkulis, and adult services specialist Don Sekora.

Caveat Emptor for Consumers

It's not necessarily true that you can't cheat an honest man, according to a fact sheet distributed by the State Capitol Employee's Credit Union.

The sheet points out that there are many schemes afoot to separate upright citizens from their dollars under false pretenses.

Home employment, for example, is a field full of gyppo artists, although many others are legitimate. Experienced advice should be sought before committing oneself.

Franchises and territorial rights may be fraught with financial risks. Never sign a contract without legal advice.

Be careful in going into partnership. Partnership is a risky arrangement, and one partner can be left at the mercy of creditors should the business fail. Know your partner.

Bear in mind that "money back guarantees" are worth exactly as much as the word of the person making the offer.

Say "no thanks" to front money men who want a stiff advance payment before organizing or promoting a business.

Never borrow money from the pants pocket or under-the-table lender. Extortionists are friendly only on their first visit.

Big profit business deals, such as multi-level distributorships usually are loaded in favor of the promoters.

Never buy land without seeing it.

Don't buy dentures by mail. Never buy a hearing aid at any price without consulting a doctor known to you.

There is no known method for weight reduction that can be called "sure, pleasant, or easy." Don't buy any.

Finally, the sheet reminds that you don't get something for nothing, and deals that seem too good to be true usually are.

Valuable information on hearing aids was published recently in Retired America, a new publication catering to Senior Citizens.

According to the publication, an estimated 10 million Americans have serious hearing problems, of whom eight million do not wear hearing aids, for a variety of reasons.

Some refuse to admit the problem, others cannot afford or think they cannot afford an aid, and others may only lack knowledge of the help available to them.

Advice on hearing aids should come first from a family physician, who may refer his patient to an otologist, who specializes in hearing problems. Often a hearing deficiency may require only removal of impacted earwax. In other cases, ear surgery may be necessary.

Most often, however, a hearing aid is needed to cope with hearing problems.

The publication recommends that anyone wishing to purchase a hearing aid should go to an established dealer who has been in business for a long time, to avoid being left with an "orphan" aid that cannot be serviced locally. For the same reason, it is suggested, aids should be one of the major brands.

Once a dealer is selected, a licensed fitter will test the hearing of the applicant to determine whether he can be helped by an aid, and if so, what type of aid is needed.

Price is an obvious consideration, with aids running from \$85 to over \$400. Most hearing problems, the publication says, can be corrected with aids costing between \$195.00 and \$365.00. Sometimes reconditioned aids are available at much lower prices. Care should be taken to assure that reconditioned aids were overhauled by their builders. After an aid is

decided upon, there is a short waiting period while an eartip is molded for the individual ear. The wait may be longer if a special aid is needed to correct an unusual hearing problem.

Sometimes the aid must be returned for adjustment after it has been in service for a few weeks. Even if the aid seems to work correctly, it is a good idea to get it checked twice a year, according to the publication.

Gray Panthers Begin Pushing Senior Power

The latest manifestation of Senior Power is the Gray Panthers, an activist group of older persons organizing nationwide to push for better lives for American elders.

The organizer of the group, Margaret Kuhn, 67, a retired United Presbyterian Church worker charged in Denver recently, "our oppressive paternalistic society wants to keep the elderly out of the way, playing bingo and shuffleboard."

She said the Panthers aim to change society's shoddy treatment of its Seniors by whatever means necessary, whether demonstrations, picket lines, or button-holing congressmen.

"You'd be amazed how responsive the elderly are to being radicalized," she said. "It gives them a new health, a new outlook. After being confined to the sidelines, it brings them literally back from the dead."

Asked whether she was concerned about the "belligerent connotations" of the Panther name, Miss Kuhn said "anyone offended . . . can go back and play in their golden age clubs, which are nothing but glorified playpens."

Continued from Page One

Sun City Follies On Tap

Governors Conference is Slated

visory Council to the Aging Services Division.

Prior to the opening of the Governor's Conference there will be a meeting of the Advisory Council to the Aging Services Division, at 9:30 a.m. in the Eagles Lodge. Registration for the Conference will begin at 11 a.m. in the Civic Center.

The opening session of the Conference at 1:30 p.m. will be a panel discussion of Senior Citizen problems, moderated by Theodore Carkulis, director of the Montana Social and Rehabilitation Services Department. Members of the panel will be Clinton Hess, associate regional commissioner of SRS, Denver; Ed Okazaki of ACTION, Denver; Don Sekora, state social services specialist, Helena; and Hugo Turek, sociology professor, Bozeman.

Following the opening session will be the banquet, where Montana Supreme Court Justice Gene Daly will serve as toastmaster.

Leading off the second day will be a panel discussion on Senior

Citizens and the Legislature, moderated by Frank R. Sennett, deputy SRS director.

Panel members will be Mrs. Norma Keil of Ledger; attorney Henry Loble of Helena; John St. Jermaine, Cascade County Commissioner; Clifford Brennen, Ph.D., University of Montana; and James Murry, director of the AFL-CIO.

There will be Senior Citizen participation in both panel discussions.

Following the morning session September 13 will be the lunch-

Juvenile Defendants Spared Incarceration

Some juvenile defendants in Lake County would be spared a stay in jail while awaiting action on their cases under a short term foster parents plan being initially funded by the federal government.

The Lake County Sheriff's office has received \$3,949 to develop the program, which will be jointly administered by the department of Social and Rehabilitation Services, the probation officer, Bureau of Indian Affairs, and the Division of Aftercare.

Most of the money will go to train prospective foster parents who will take the youthful offenders into their homes for one to ten days while legal action is pending on their cases.

A spokesman for the sheriff's office said the foster homes should be especially useful in cases where a juvenile could be released under his own cognizance if he had a place to go, but otherwise must be kept in jail.

The foster parents will be paid three dollars a day per foster child.

eon, with Clyde Jarvis, director of the Montana Farmers Union, toastmaster.

The Sun City Follies will be open to the public the second night. Profits from the Follies will go to buy hearing aids for low-income Senior Citizens.

The heart of the Follies production is the reservoir of talents in the communities. Several Helena performers are scheduled to perform with the roadshow at the Conference.

Star of the Follies is Bruce Who, internationally known song stylist who had his name changed from Bruce Innes Watson. Who is the son of the founder of the Lesley Foundation, which has been active in Senior Citizen activities for many years. The foundation operates five residency complexes in San Francisco for Senior Citizens. Current assets of the foundation are put at more than \$7 million.

The Sun City Follies troupe pays its own expenses.



Paul E. Webb



Earl R. Welty

RSVP Alive and Well in Helena

Montana's first Retired Senior Volunteer Program granted through ACTION to Rocky Mountain Development Council (RMDC) of Helena, is alive and well.

The RSVP Advisory Committee was formed of representative residents and went to work as the screening committee to recommend a director of RSVP. RMDC accepted the choice of the advisory committee and hired Linda

Lindsay as director.

Mrs. Lindsay staffed her office with two coordinators, Kathy Ward and Linda Kelly. The office was established at Last Chance Gulch and Placer Street, and they were open for business.

The first order of business was to establish stations at non-profit organizations and public agencies in the community to employ the volunteers. Mrs. Lindsay said: "I was very much encouraged by the overall enthusiasm of the community toward utilizing the talents of our retired citizens."

Establishment of thirteen stations was the goal for the first month. Twenty stations were established in the first month and more will be added as time permits.

The second phase of RSVP is to recruit volunteers and find out which station they prefer. Phase two is underway with a goal of 60 volunteers by October 1. Volunteers are already "on the job" and more are getting involved every day.

Linda Kelly and Kathy Ward both have said that the community and the volunteers are enthusiastic about RSVP because it will provide a lasting and useful service to the community and the volunteer.

Day-to-day decision making is left to Mrs. Lindsay, but the involvement of the Advisory Committee is crucial to the long-range objectives of RSVP and the planning to reach these objectives. More particularly, they represent the volunteer stations, agencies, and organizations interested and involved in programs for Seniors. Also, some volunteers are on the advisory committee. Mrs. Lindsay not only utilizes the committee as a group, but calls upon their individual knowledge and expertise to help boost RSVP.

Among the projects Mrs. Lind-

say hopes to get started as soon as possible is the telephone re-assurance program. This program is for homebound Seniors who would like to be called daily to chat and stay in touch with the outside world, and to guard against being left unnoticed in case of accident or illness. Many homebound or handicapped retired persons will be both making the calls and receiving them.

"The community really needs and wants the experience of our retired people," says Mrs. Lindsay. "Many of our Senior Citizens need something useful to do on a limited basis to break up their isolation. We hope, through RSVP, to pave all of these avenues to make our service area just a little bit nicer for all of us."

Volunteers also are being recruited to aid in the 90 day federal campaign, operation FIND, designed to locate senior citizens who are eligible for food stamps but not getting them.

The Helena program is scheduled to broaden out to Jefferson and Broadwater counties this fall.



JOHN KARR, Montana's first RSVP volunteer, at work as the manager of the Rocky Mountain Development Council's Federal Credit Union.

Retirement Age Brings Poverty For First Visit

For many Senior Citizens, retirement brings the first bitter dose of poverty, according to Senator Thomas F. Eagleton of Missouri.

"Those who were poor during their working days remain poor in old age, but many others fall into the poverty category for the first time after retiring," Eagleton said in a speech on the Senate floor.

He called for immediate enactment of measures to raise the minimum income for unmarried Senior Citizens to \$150 monthly, with \$200 the minimum for couples. Further, he introduced legislation that would require HEW to conduct a study to determine the income necessary to meet the needs of the aged.

He condemned government laxity in aiding the aged and declared, "The very fact that one-fourth of our older citizens live in poverty testifies to the failure of our present public assistance programs."

He quotes statistics indicating that 47 per cent of single Senior Citizens live in poverty, with nearly 25 per cent of the over 65 population under the federal poverty level.

Policies May Cancel

Insurance Buyers Cautioned

Senior Citizens, or anyone else buying health insurance should take a close look at the provisions of the policy, according to Jack Wills of the State Insurance Commission.

Wills said that unless the policy states that it is guaranteed renewable and non-cancellable, Senior Citizens may find themselves without health insurance at the period of their lives when they need it most.

He said companies often cancel cancellable policies when the policy holders get into the age bracket where they are apt to start collecting benefits. Often, he said, the policy holder may have had the policy for many years.

Other policies may pay off when the policy holder needs medical care, but then put a rider on the policy after the initial care is completed, stating that the policy

will not apply to any other ailments of the same sort. For example, he said, if the policy holder was treated for an ulcer, the rider might state that no further ailments of the digestive tract would be covered by the policy.

For heart patients especially, he said, these riders are a serious problem, because heart trouble is likely to be recurring.

He said premiums may not be raised on one policy holder unless all similar policies are likewise raised. The legislature threw out a law regulating policy rates, he said, adding that prices are now held down by competition among the companies. "We like it better that way," he said.

Life insurance is less hazard fraught, Wills said. He added, however, that one common problem is the tendency for policy holders to forget to pay their premiums.

When the premiums are not paid, Wills said, most companies will subtract the amount of the premium from the cash value of the policy.

Conceivably the premiums could be deducted year after year until the policy was worth nothing, he said. He pointed out that no law requires an insurance company to notify life policy holders that their premium is due, and many do not.

Wills advises consumers to steer clear of all mail order insurance if they are insurable. If they cannot get insurance anywhere else, he said, they might get something out of mail order insurance. But he suggested that prospective insurance buyers deal with a local agent.

He said any Montanans having difficulty or questions about insurance should call the Insurance Commission at 449-2040.

Workshop Aids Handicapped

Handicapped persons in Helena are fortunate in having available a sheltered workshop where they can be trained to take regular jobs in the community.

The workshop is run by Helena Industries, a private non-profit organization, and funded by Model Cities.

In the two years the workshop

has been open, it has served 128 clients, most of whom have taken their places at jobs outside the workshop. Forty-two clients may be served at one time, with about 100 persons expected to be trained this fiscal year, according to Roger Stensland, director of the shop.

Clients at the shop help earn their way as they are being trained, producing a variety of woodworking products, such as survey stakes, lath, miners' wedges, trailer house steps, and warehouse pallets. They also make jewelry out of pine cones, walnuts, sagebrush, and other readily available materials.

Publications, including the SRS News, are sorted according to zip code and mailed by workers in the shop.

"We are always looking for work for our shop," Stensland said.

All disability groups, including physically and emotionally handicapped, mentally retarded, deaf, visually handicapped, and socially deprived, are eligible for training at the workshop, Stensland said.

To be accepted, prospective clients must be referred by a state or federal agency, with a reasonable expectancy they will profit from the services offered.



DIANA LITTLE BEADS prepares publications for mailing at Helena Industries workshop.

Household Aids for Arthritics

The New Mexico Commission on Aging has come up with some ideas to make life around the house a little easier for arthritis sufferers and persons growing weaker with age.

Such persons may have trouble getting to their feet, so their beds should be high enough to make it easy to rise to one's feet. If the bed needs to be raised, blocks of the proper height with holes bored to prevent the bed legs from slipping off are the best remedy.

For the most restful sleep, heavy covers should be avoided. An electric mattress pad with a light quilt or an electric blanket bathes the body in heat and helps induce sound sleep. An electric heating pad also is good for

warming painful areas.

Persons spending considerable time awake in bed can make good use of a television set with remote control, especially when used with bed spectacles. The wearer of these special glasses can lie on his back in bed with his face to the ceiling and still watch the television at the foot of the bed, thanks to the right angle prisms in

the glasses.

A kitchen forceps is a great help for handling baked potatoes, small bottles, and other hard to grasp items. Extra long forceps can be used to grasp items on the floor without bending over.

Plastic dishes and lightweight knives, forks and spoons with large grip handles are best for the person with a weak grip.

In preparing food, it should be remembered that meat and vegetables are easiest to handle when chopped to bite size pieces.

Lightweight alloy pliers are very useful for pulling tabs off cans, turning keys in locks, twisting caps off tubes, and for putting in eye drops.

The SRS News is now being published bi-monthly. It is available free to all Montana Senior Citizens. Those wishing to subscribe should write to Janis Luehr, Circulation Clerk, SRS News, Penkay Eagles Manor, 715 Fee St., Helena, Mt. 59601.

Ryegate Seniors Get Grant

The first rural transportation grant issued by the State Aging Services Division is moving Senior Citizens in Golden Valley County, one of the most rural counties in Montana.

The county, with 931 residents, has no physician, no dentist, no bank, and even lacks a clothing store.

Such isolation from services seriously handicaps many of the 145 persons over 65 in the county, but the new transportation system holds promise for the future.

To kickoff the project, 44 Seniors from Ryegate area recently rode the two schoolbuses now in operation under the program to the Senior Citizens Center in Harlowton, where a ceremony was held.

For the present, the service will go only to Harlowton, with some prospect it may eventually serve Roundup, nearer the other end of Golden Valley County.

Gerry Eklund of Ryegate, who was instrumental in getting the

grant, said doctors in Roundup and Harlowton have indicated that many of the Seniors in Golden Valley County have blood pressure problems or diabetes, both of which require periodic medical attention, which is not available to most Seniors in Golden Valley.

Also, she said, many of the Golden Valley County Seniors have friends or relatives in nursing homes in Harlowton. All things considered, she said, "This program is not a luxury, it's a necessity."

In a brief ceremony at the Harlowton Center after the first bus arrived, state Aging Services Field Representative Vince Weggenman hailed the project as a milestone in combatting transportation problems in Montana, and said he hoped other counties would heed the example offered by Golden Valley residents in supporting the bus, and providing over \$1,000 in local funds to match the federal grant.



GERRY EKLUND of Ryegate helps a Senior Citizen off the bus on the first official run of two buses from Golden Valley County to Harlowton. Mrs. Eklund was the prime mover of the project, which is partly federally funded to bring Seniors from Golden Valley County to Harlowton.

Attitudes Need Restructuring

Aging May Bring Fear and Hatred

Fear and hatred of the aging is common in American society, according to a university professor who has done extensive research on attitudes toward the aging.

In an interview printed in *Geriatrics* magazine, Dr. Joseph H. Bunzel, a sociology professor at the State University of New York at Buffalo, says at least 20 per cent of Americans apparently have developed what he terms gerontophobia, an unreasonable fear and irrational hatred of the elderly.

As a result of this widespread phobia, he said, Senior Citizens are being exploited by the medical, legal, and social work establishments, and by landlords, hotels, real estate and insurance groups.

He claims, for example, that the Social Security Act was a direct result of gerontophobia. In order to satisfy its humanitarian in-

stincts, he said, society approved Social Security to supply the elderly with a miniscule income. Although the income is too small to afford a decent living standard for its recipients, it makes the giver feel better.

Like other phobias, gerontophobia has built-in defense mechanisms that disguise the true nature of the problem.

For example, a person may totally repress from his consciousness his repugnance of the elderly, or he may rationalize his antagonism toward them by emphasizing their real or imaginary shortcomings, such as forgetfulness or work absenteeism.

Gerontophobia can be cured, Bunzel says, by restructuring social attitudes toward old age.

The post employment portion of life must be recognized as respectable, with retirement leisure

the legitimate and deserved reward for a lifetime of productive labor. When desired, part-time or temporary employment should be available for retired persons.

Bunzel says that only when the widespread influence of gerontophobia is recognized will society and the individual be able to cope with it and genuinely improve the poor lot of the aging.

Medicare Pays Off About Ten Per Cent Of U.S. Health Bill

Government health insurance for people 65 and over—Medicare—paid about 10 per cent of the nation's \$75-billion health bill last year, according to social security officials.

The two Medicare programs paid almost \$7½ billion in benefits in fiscal 1971, a spokesman said. Hospital insurance paid \$5.4 billion on behalf of 4½ million persons. Medical insurance paid \$2 billion on behalf of 9½ million persons.

About 20 million persons—almost everyone 65 or over—are protected by Medicare. The hospital insurance part helps pay for hospital bills and certain post hospital care and is funded by social security contributions. The medical insurance is voluntary. It is funded by individual premiums paid by those persons who enroll, and the premiums are matched by the Federal Government. It helps pay doctor bills and many other medical expenses.

Medicare is administered by the Social Security Administration of the U.S. Department of Health, Education and Welfare.



A PASSEL OF DIGNITARIES attended the initiation of the Senior Citizens bus run from Golden Valley County to Harlowton. From left, Elmer Eklund; Harlowton Mayor Oscar Biegel; western field representative Vince Weggenman of the Aging Services Division; Golden Valley County Commissioner Carl Zinne; Senator Jim Moore; eastern field representative Ken Baldwin; Wheatland County Commissioner John R. Nelson; Sam Clark, Ryegate Senior Citizen; Orton Ortwine of the Harlowton center board of directors; project director Dorothy Edson; and Mr. Fred Hanzlik, vice chairman of the senior center at Harlowton.

Montana's Elders Keep Moving

The Bozeman Senior Citizens were scheduled to visit the new Charles M. Russell Museum on July 22, and the Red Lodge Festival of Nations in August.

About 125 golden agers from *Whitefish, Missoula, Hot Springs, Eureka, Ronan* and *Kalispell* enjoyed an evening of dinner and dancing at Polson.

A bus trip to Glacier National Park was scheduled by the *Lincoln County* Senior Citizens.

Beaverhead Senior Citizens toured the Big Hole Valley and the Battlefield Monument.

A tour of the Gates of the

Mountains area near Helena was scheduled for the *Three Forks* Senior Citizens.

The members of the *Gallatin* Senior Citizens Club visited the Teton National Park and Jackson, Wyoming.

A bus trip to the Gates of the Mountains was planned by the members of the *Bozeman* Senior Social Center for July 24, 1972.

The Senior Citizens from *Thompson Falls* viewed slides from a six-country tour of Europe by Mr. and Mrs. Louis Rosenthal.

Senior Citizens from *White Sulphur Springs* enjoyed a cookout

in the yard of the Springs Hotel.

An impromptu party with singing and dancing evolved at the Senior Citizens Center in *Great Falls* when 35 members of the Central Montana Senior Citizens Club of *Lewistown* dropped in for a visit.

Although social security disability payments do not start until the seventh month after a worker becomes disabled, he should apply as soon after the accident as possible for the benefits, to allow time for processing.

Senior Centers Allow Better Lives

Recent funding of centers in Stanford, Red Lodge, Eureka and Harlem has brought to 54 the total of federally funded centers in the state.

Lyle Downing, administrator of the Aging Services Division, said the funding of the new centers points the way to better lives for the elders of the areas surrounding the centers.

Initially, he said, most centers are mainly "fun and games" operations, furnishing a facility

where Senior Citizens may get together to play cards, visit, and otherwise entertain themselves.

As they develop, however, the federally funded centers are urged to aim for a wider function as a focal point for the many other needs of Senior Citizens.

Centers are encouraged, for example, to invite speakers and authorities to provide center members with information on health and financial matters, social security, transportation, nutrition and anything else of interest.

Every month, a report is to be sent from each center to the state office, detailing the operations of the center, such as friendly visiting, telephone reassurance, eye and hearing examinations, consumer and health education, and retirement planning.

Eventually, as the recommendations of the White House Conference on Aging are enacted into law, as many are expected to be, the provisions granted, such as the already passed nutrition program, will filter down to the individual Seniors through the centers. The nutrition grant of \$500,000 for Montana will be utilized primarily by operations such as Meals on Wheels operated through local centers, according to Downing.

In time, Congress probably will grant funds for transportation programs, and these too would be coordinated through functioning centers, he said.

Downing said too many persons see Senior Citizens Centers as "playpens" for oldsters, whereas they actually are intended to be dynamic operations to better every phase of the lives of Montana's elders.



SIDNEY SENIOR CITIZENS gathered recently in the Moose Hall in Sidney.

Social Security Abets Trend

Senior Independence Growing

As more and more people 65 and over have received social security checks during the past 20 years, fewer and fewer of them have made their homes with relatives.

Of the 12 million people 65 and over in 1952, one in six got monthly social security checks and half lived with relatives, according to social security officials.

There are more than 20 million people 65 and over, a spokesman said. Four out of five get

social security checks and one in three lives with relatives.

Social security may have contributed to the live-alone trend, according to the spokesman.

A study shows that most people 65 and older prefer to live on their own if they have enough income, he said. And social security payments have become the largest single share of their income—now about 34 per cent.

Since 1952, the average monthly social security check paid to a

retired worker has increased from \$50 to \$132. The number of people who get social security retirement benefits has increased from two million to about 17 million.

Some of the people getting retirement checks are under 65, the social security spokesman said. They include wives, dependent husbands, and children of retired workers — plus retired workers who begin collecting reduced benefits at 62, 63, or 64.

But almost all people 65 and over are eligible for social security payments, he noted.

Two out of three of them prefer to live by themselves—as married couples or single people.

Four out of five married couples with one member 65 or over now live apart from relatives—compared to two out of three in 1952.

Three out of five single people 65 and over live alone now—compared to half the single men and two in five single women in 1952, the study shows.

The study was conducted by the Social Security Administration of the U.S. Department of Health, Education and Welfare.

Good News Follows Bad

Montanans disqualified from Aid to Dependent Children and Old Age Assistance rolls by the 20 per cent increase in social security payments got some good news recently.

Jack Carlson, administrator of the Economic Aid Division, said welfare standards would be boosted by about ten per cent to allow welfare recipients to receive slightly more each month and still qualify for aid.

Before the boost, Carlson said, a single Senior Citizen, for example, was eligible for Old Age Assistance if his income was less than \$111 a month. Under the new standard, the same person can take in up to \$121 and still qualify.

Carlson explained that anyone receiving Old Age Assistance also is eligible for Medicaid, which often is much more important to Seniors than the actual Old Age Assistance payments.

He estimated that as many as 400 Seniors in nursing homes might be dropped from Medicaid. Nursing home fees run about \$12.50 daily, he said, an expense that must be paid out of county poor funds if Medicaid is cut off.

Carlson expressed confidence that many Seniors scheduled to be dropped from Medicaid rolls would make up the difference in their health care by using the extra money received from social security to purchase the optional Part B Medicare, which costs \$5.80 a month.



Jack Carlson

Free Senior Passes Issued for Parks

The free Golden Eagle passes available to persons over 62 recently allowed a group of Great Falls Seniors to make their first trip to Glacier Park.

Of the party of 43 on the one-day trip, only ten had been to Glacier previously, although most had lived in the Great Falls area over 50 years.

The group was the first to be admitted to Glacier this year under the free passes, which were only recently renewed.

Self-Reliance May Be Handicap

The self reliance developed over a lifetime by rural residents can be a handicap when the rural persons get older, according to a report issued during the White House Conference on Aging.

Elderly persons accustomed to fending for themselves and proud of their independence are reluctant and often ashamed to ask for help from "government of-

ficials," the report said.

Consequently, the report recommended, an effort should be made to actively seek out elderly rural residents in need of help to explain the types of assistance available to them from various

programs.

In some rural areas, the report said, one in five residents is older. The departure of younger persons to the cities leaves the senior citizen without the traditional support of young neighbors, it was pointed out.

The shrinking tax base and resultant scarcity of services further victimizes older rural residents, it was said.

The most significant recommendations in the report called for broad state and federal programs to develop transportation services for the rural old, plus legal and protective services to assure older rural residents all possible assistance in avoiding encroachment on their rights and property.

Lady Hitch-Hiker, 84, Pinched on the Road

An 84-year-old woman recently was fined ten dollars for hitch-hiking near Columbus, Ohio.

Authorities noted that Mrs. Ann M. Upshure became "very belligerent" when she was taken into custody after twice being warned it was illegal to hitch-hike on an interstate highway. Mrs. Upshure had \$38 in her purse but refused to pay the ten dollar fine. She was carted off to jail briefly until a judge fined her ten dollars and then suspended the fine.

Mrs. Upshure, who listed her occupation as "demonstrator," said she was returning to her home in New York City from a "Labor for Peace" rally in St. Louis.

Manor in Lewistown Offers the Good Life

The golden years should really shine at the new Eagles Manor completed January 1, in Lewistown.

Like the other manors, it is fully carpeted, with maid service, but has an added attraction in one of Montana's best trout streams flowing nearby.

Situated on the banks of Spring Creek, the manor is within easy walking distance of Lewistown churches, the post office, banks, and stores.

The facility boasts 52 single units and 21 doubles. Cost is \$170 for singles on the ground floor, and \$270 for doubles, meals included.

The price goes up one dollar per floor, with the better view on the upper floors justifying the higher rate.

Consumer Protection Available at no Cost

Consumer protection concerns Senior Citizens even more than the rest of the population, since they usually have less money.

Consequently, Senior Citizens should be particularly glad to learn that they may now get information and register complaints on business practices with the Rocky Mountain Better Business Bureau 24 hours a day.

There is no Better Business Bureau in Montana, but a regional office in Colorado will accept collect calls from Montana. The number is 303-244-4446, or 303-244-4443 if you only want to check on the reliability of a firm.

The office is open 24 hours a day partly to counter the efforts of fast-talking door-to-door salesmen who often make the rounds in the evening.

If you are visited by a door-to-door salesman or called by a telephone solicitor any time of the day you can call the Bureau to find out if the business or product represented is legitimate or reliable.



DILLON CENTER PRESIDENT Leonard Masbino, secretary Joan Rebich, aging services field representative Ken Baldwin, at official opening of Dillon Center.

Beer Helps Old Men

Senility May Be Reversible

Senile behavior in old persons may be caused in large part by the surroundings of individual, according to Marvin Bulgatz, a psychology professor at Eastern Montana College in Billings.

Bulgatz and his assistant, Michael Frederickson, recently recalled in a paper an experiment in which 34 "confused and deteriorated" old men confined to a hospital ward made substantial improvement when subjected to in-

novative therapy including the daily serving of beer in the ward.

Bulgatz said the study concluded that "if such great changes can be brought about so quickly by relatively simple change in the environment, then it is clear that the traditional concepts of what is involved in senility may be seriously questioned."

Bulgatz cited the earlier study as evidence that the onset of old age can be prevented or reversed

by changes in the social environment.

Typical senile behavior often is unintentionally encouraged by younger members of society when it results in attention being paid to the older person displaying the symptoms, Bulgatz pointed out.

Senior Citizens ignored by society may resort, perhaps unconsciously, to attempted suicide, forgetfulness, hysteria, and other attention getting devices, he said. When these acts lead to notice by society, they may become more or less permanent behavior patterns, which are apt to be characterized as senile behavior, often leading to residence in a nursing home.

In conclusion, Bulgatz said, "Society should take a closer look . . . at the conditions that surround elderly people."

Legal Service is Free

Low income persons in need of legal advice can get it free at legal aid offices scattered all over Montana if they qualify.

A single person living somewhere other than on a farm may earn up to \$2080 a year, after taxes, and still be eligible. If a single person lives on the farm, he is allowed to net only \$1,500 annually. A non-farm family of two is eligible up to \$2,600 a year, while a farm couple is allowed \$2,080.

No criminal cases are handled.

Special circumstances, such as recent unemployment or old age may be considered in determining eligibility.

A spokesman for the service said most cases handled for Senior Citizens concern estates or divorce.

There are 15 legal service offices in Montana, covering the whole state. They are listed in telephone books under Legal Service.

Report Your Payroll

If an employe earns more than \$50 in a calendar quarter, his employer must deduct social security and report the earnings to the IRS, regardless of the employe's age and whether he is retired.



HYSHAM CITY FATHERS and county commissioners met recently to discuss inclusion of a Senior Citizen Center in the fire hall to be built in Hysham. Because of the large turnout, it was decided to more than double the size of the proposed center. Senator Dave Manning of Hysham also attended.

Crime Strikes Hard at Oldsters

Being old in Montana may have its drawbacks, but it appears superior to being old in some other places.

In more urban areas, for example, the aging are a prime tar-

get for crime of violence and theft.

To combat criminal victimization of the aged in Seattle, they are advised to remain at home, or at least to never go out alone.

In large urban areas throughout the U.S., the theft of social security and pension checks is a common occurrence. Mailboxes in unguarded hotel and roominghouse vestibules make such thefts easy. In some places, strongarm robbers loiter around check cashing facilities and accost pensioners who have just cashed their checks.

The SOS Bulletin, published by the Office of Economic Opportunity, notes further that vandalism of property owned by seniors is a common occurrence. Rocks and B-B guns are used to break windows, flower beds are trampled and clothes stolen from clotheslines just to harass the eld-

erly, according to the Bulletin.

Some older people are so terrified of what may occur in the dark that they sit up all night with the lights on and sleep during the day.

In some areas, the Bulletin notes, the aged have come off poorly when they were housed in the same development with younger tenants. Frequently, in such situations, "youths pit themselves against the old—and the old lose."

A 1970 study of the relationship between seniors and the police found "a large group of old people (over 60) . . . a depressed underclass . . . who are particularly vulnerable to crime, easy victims of street robbery, unable to move out of high crime neighborhoods . . . and likely to have no community resource to turn to other than the police if trouble occurs . . ."

Cell is a Classroom For Missoula Youth

The Vocational Rehabilitation Division of SRS has made it possible for a young resident of the Missoula County Jail to keep up with his university studies while remaining incarcerated.

Donald Chris Nelson, 25, of Milltown, is serving a one-year sentence on a drug charge. A two-way telephone speaker system allows Nelson to participate in university classes without leaving his cell.

"It's a lot better than doing dead time," he said.

Vocational Rehabilitation pays for Nelson's textbooks and covers rental of the telephone system from Mountain Bell.



PROGRAM OFFICER STEVE McMAHON, right, spoke in *St. John's Lutheran Church* on "What churches can do for the aging."

Well-Known Speaker Slated for Conference

A well-known writer and lecturer, Dr. William Glasser, will be the main speaker at the annual conference of the Montana Association for Rehabilitation, September 27 and 28, in Great Falls.

The conference will coincide with two others held by the Montana Association for Social Concerns and the Montana Medical Education Foundation.

MAR will hold one day meeting and then join the other organizations for a banquet and joint session.

Pre-registration is imperative for scheduling the banquet. Registration at the conference will cost \$17.50. Pre-registration is \$15.00. Registration should be sent to Mr. George Glanagan, Secretary, Montana Association for Rehabilitation, 317 Power Block Bldg., Helena, Mt. 59601.



RAY WORRING of the *Institute of Social Science Research at the University of Montana* explains system for determining the needs of Senior Citizens, at a meeting in Great Falls.

Stress Kills American Males

The stress and strain of daily living in a competitive society is the primary reason American men die earlier than women, according to Dr. Edward W. Busse, chairman of Duke University's psychiatric department.

Busse pointed out in a speech that 1970 census figures indicate there are 138.5 females to every 100 males over the age of 65 in the United States. Montana statistics indicate 111.6 females per 100

males over 65.

Busse called on women to help men lead less stressful, longer lives. Also, he said, it is imperative that men keep their weight

down, exercise, and keep mentally fit.

He cited cirrhosis of the liver and heart disease as the most common stress related killers.

Missoula Seniors Rolling Along

Missoula Senior Citizens are rolling along under the first federal transportation grant issued through the State Aging Services Division.

The \$6,280 grant, plus \$2,094 in local matching funds and an estimated \$500 in contributions from the bus riders, is expected to run the project for one year, according to Harold Manicke, director of the Missoula Center.

Most of the money will go to lease a 12 passenger Checker airport limousine.

Seniors needing a ride call the center and the limousine will be dispatched to pick them up. Riders contribute 25 cents per ride.

Only members of the center are allowed to use the service, under state transportation regulations.

Membership in the center is \$3.00 per year.

Gerontological Authorities to Meet

Gerontological authorities from around the world will meet in Ann Arbor, Mich. in September to discuss what the future might hold for the elderly.

The occasion is the Institute of Gerontology's 25th anniversary conference on aging. The visiting authorities will discuss the effects of the predicted extension of life, advocacy for the aged, the future role of the aging in a post indus-

trial economy, the emerging leisure society, and the impact of various environments on the life styles of the aging.

More detailed information on the conference, to be held September 11-13, will be available in June. Those wishing further details should write Wayne Vasey, Institute of Gerontology, 1021 East Huron St., Ann Arbor, Mich. 48104.



RED LODGE SENIORS recently played host to a busload of Golden Valley County elders in town for the annual Festival of Nations. From left, Red Lodge project director Lorena Brinkman, Golden Valley project director Sarab Coleman; and Mrs. Rassmusson, Lavina, and Mrs. Reed, Ryegate.

Social Security Hike Will Appear Oct. 3

The recently passed 20 per cent social security hike will show up in checks received October 3, according to social security officials.

President Nixon reluctantly signed the bill July 1, after it was passed as part of a bill to allow raising the ceiling of the national debt.

The President, however, praised the "inflation proofing" provision of the bill, which allows for increases in social security payments to offset inflation.

Average monthly payments to individuals will rise from \$133 to \$161 with couples getting an average boost from \$223 to \$270.

The bill will remove 1.9 million persons from the poverty rolls, including 1.4 million persons over 65.

Complaints Solicited

Feds Look at Nursing Homes

Nursing homes around the country are now subject to the scrutiny of the Federal government.

As a result of a directive issued by President Nixon, the Department of Health, Education, and Welfare has established an office to oversee all HEW programs, relating to nursing homes.

The Office of Nursing Home Affairs, headed by Mrs. Marie Callender, is responsible for coordinating efforts by different agencies to upgrade standards nationwide for the benefit of the almost one million Americans living in nursing homes.

Programs underway include Health Service and Mental Health Administration's expanded training of 2,000 state nursing home inspectors by July, 1973, and a short-term program for nursing home personnel scheduled to train 43,000 persons within the same period. Boards within each state are also being formed to respond to individual complaints and ensure that the interests of nursing home patients are properly considered.

As President Nixon said in a recent speech: "Unsanitary and unsafe, overcrowded and understaffed, the substandard nursing home can be a terribly depressing institution. To live one's later years in such a place is to live in an at-

mosphere of neglect and degradation." It is the goal of the ONHA to upgrade all nursing homes to make them healthful and pleasant places for our country's Senior Citizens to spend their final years.

There are no current HEW plans to set up a public rating system of nursing homes, but federal Medicare and Medicaid regulations specify what a nursing home must offer to qualify for federal funds.

—Maintain an organized nursing service, directed by a full-time professional registered nurse with at least one licensed practical nurse on duty at all times and with sufficient attendants and nurses' aides to ensure that each patient receives adequate care.

—Professional meal planning services for patients on medically prescribed diets.

—Keep a separate medical record for each patient with all entries kept current, dated and signed.

—Assure that each patient is under a doctor's care, with visits at least every 30 days.

—Assure that drugs and medications are properly administered and that prescription orders remain in effect no longer than 30 days without the written permission of a doctor.

—Provide for adequate medical

attention to patient during medical emergencies, including arrangements for transfer to an accredited hospital.

—Assure that state and local fire protection codes are enforced, that each floor has a fire extinguisher, and that doorways, passageways and stairwells are unobstructed.

—Maintain proper light levels and ventilation, heating and air conditioning facilities, hot water supply and laundry services.

Anyone wishing to complain about nursing home conditions may do so through their nearest Social Security office. Complaints may be telephoned, written, or delivered in person. Identity of complainers may be kept confidential if desired.

Social security office telephone numbers are listed in the U.S. Government section of the telephone book under the Department of Health, Education and Welfare.

Henry Bagley, 75, of East St. Louis, Ill., recently became the father of triplets.

Bagley, married 23 years, has four other children. Said Bagley of his new offspring, "I couldn't believe it."

Address all communications to Aging Services Division, 715 Fee St., Helena, Montana 59601



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